

Quercetin 60 Tablets

EAN: 5055148404918 FABRICANTE: LAMBERTS



Quercetin 500 mg is a flavonoid from natural plant sources. The most abundant flavonoid

DESCRIPTION

Quercetin was discovered by J. Rigaud in 1854. It is a water-soluble natural pigment found in plant foods. It is the most abundant and most common flavonoid in the human diet, standing out for its high antioxidant activity.

Many plants, whether considered medicinal or not, owe much of their benefits to the high levels of quercetin they contain. For example, some types of onion (such as red onions) contain so much quercetin that the compound accounts for 10% of their dry weight.

It has been shown in experimental studies to have numerous effects on the body, including inhibiting both the production and release of histamine, being especially best known for its antioxidant action.

Quercetin is found in many fruits. In the UK, it is also apples (as well as onions) that provide the greatest amount of quercetin through the diet. Each 500 mg tablet provides significantly more quercetin than 1 kg of apples.

Oval tablet with yellow specks

Each tablet provides:

Quercetin 500 mg
Tableted / Encapsulated with:

See product label.

Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products,



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lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

This product is not recommended for pregnant or breastfeeding women.

Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

Instructions for use:

- Take 1 tablet daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

